

USDA National Nutrient Database for Standard ReferenceRelease 26

Nutrients: Carotene, beta (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: January 21, 2014 14:32 EST

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	30976
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	30976
11683	Carrot, dehydrated	74.0	1.0 cup	25126
11508	Sweet potato, cooked, baked in skin, without salt	200.0	1.0 cup	23018
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	21996
11655	Carrot juice, canned	236.0	1.0 cup	21955
11846	Pumpkin, canned, with salt	245.0	1.0 cup	17003
11424	Pumpkin, canned, without salt	245.0	1.0 cup	17003
11514	Sweet potato, canned, mashed	255.0	1.0 cup	13308
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	13136
11875	Sweet potato, cooked, baked in skin, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	13120
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	12869
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	12585
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	12488
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	12214
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	11971
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	11971
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	11591
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	11591
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	11470
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	11470
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	11318
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	11318
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	11317
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	10975
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	10947
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	10782
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	10625
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	10625
11124	Carrots, raw	128.0	1.0 cup chopped	10605

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	10593
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	10360
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	10319
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	10301
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	9368
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	9368
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	9242
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	9163
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	8920
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	8820
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	8670
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	8653
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	8613
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	8613
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	8575
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	8575
11794	Lambs quarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	8438
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	8438
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	8422
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	8422
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	7783
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	7783
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	7339
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	7339
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	7306
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	6875
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	6875
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	6610
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	6610
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	6588
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	6588
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6557
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	6515
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	6515
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	6391
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	6391

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11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	6369
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	6369
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	5916
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	5894
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	5726
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	5726
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	5492
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	5476
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	5394
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	5296
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	5234
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	5145
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	5143
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	5135
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	5135
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	5048
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	4865
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	4510
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	4333
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	4333
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	4208
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	4137
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	4051
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	4027
11233	Kale, raw	67.0	1.0 cup, chopped	3971
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3873
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	3824
11568	Turnip greens, raw	55.0	1.0 cup, chopped	3824
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	3780
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	3766
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	3766
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	3762
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3630
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	3596
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	3587
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	3587

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09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	3575
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3415
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	3268
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	3251
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	3220
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	3143
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	3107
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	3100
11297	Parsley, fresh	60.0	1.0 cup chopped	3032
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2984
14633	Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2982
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	2916
14119	Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	2910
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	2880
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	2847
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	2843
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	2839
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	2812
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	2775
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	2707
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	2707
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	2499
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	2464
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	2456
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	2446
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	2420
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	2412
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	2388
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	2312
11974	Grape leaves, raw	14.0	1.0 cup	2267
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	2152
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	2124
11203	Cress, garden, raw	50.0	1.0 cup	2075
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	2059
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	2039
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	2039

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11658	Spinach souffle	136.0	1.0 cup	2030
42316	Babyfood, carrots, toddler	28.35	1.0 oz	2029
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	2009
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1996
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	1982
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1974
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	1973
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	1912
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1896
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	1895
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	1895
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1890
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1877
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	1848
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1808
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	1800
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	1767
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	1767
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	1753
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	1718
09021	Apricots, raw	155.0	1.0 cup, halves	1696
11457	Spinach, raw	30.0	1.0 cup	1688
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	1668
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1664
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	1656
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	1642
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	1599
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	1589
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	1586
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1578
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1577
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	1543
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	1543
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	1514
11086	Beet greens, raw	38.0	1.0 cup	1442
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	1396

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1396
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1394
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1394
43136	Vegetarian stew	247.0	1.0 cup	1391
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	1384
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	1347
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1342
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1342
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	234.0	1.0 cup	1338
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	1316
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	1313
11147	Chard, swiss, raw	36.0	1.0 cup	1313
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	1306
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1297
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	1270
22955	Egg rolls, vegetable, refrigerated, heated	78.0	1.0 roll	1268
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	1261
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	1259
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	1250
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	1240
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	1216
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	1216
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	1208
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1206
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1206
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1206
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1200
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1196
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1194
11015	Asparagus, canned, drained solids	242.0	1.0 cup	1193
06066	Soup, turkey vegetable, canned, condensed	123.0	0.5 cup (4 fl oz)	1182
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1178
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1150
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	1139
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	1132
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	1128

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11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1127
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1127
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	1115
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1106
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1104
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1104
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1103
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1102
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	1098
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	1098
14042	Beverages, fortified low calorie fruit juice beverage	473.0	16.9 fl oz	1097
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1096
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	1093
11161	Collards, raw	36.0	1.0 cup, chopped	1077
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	1065
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1063
09176	Mangos, raw	165.0	1.0 cup pieces	1056
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	1050
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	1035
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	1026
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	1024
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	1022
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	1022
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	1019
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	1012
09436	Mango nectar, canned	251.0	1.0 cup	1009
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	1003
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1002
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1000
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1000
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1000
11152	Chicory greens, raw	29.0	1.0 cup, chopped	995
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	984
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	976
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	974
11960	Carrots, baby, raw	15.0	1.0 large	959

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11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	958
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	955
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	955
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	954
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	952
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	951
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	951
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	927
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	900
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	890
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	876
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	869
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	869
11969	Broccoli, chinese, cooked	88.0	1.0 cup	865
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	860
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	860
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	855
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	855
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	841
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	841
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	836
11446	Seaweed, laver, raw	26.0	10.0 sheets	811
11520	Taro leaves, raw	28.0	1.0 cup	811
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	809
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	808
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	808
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	792
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	785
36019	APPLEBEE'S, chili	136.0	1.0 cup	785
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	784
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	784
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	776
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	770
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	765
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	765
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	762

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	752
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	752
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	751
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	748
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	746
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	739
09002	Acerola juice, raw	242.0	1.0 cup	738
09278	Plantains, cooked	200.0	1.0 cup, mashed	738
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	725
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	725
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	719
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	703
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	703
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	701
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	686
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	682
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	682
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	679
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	678
09277	Plantains, raw	148.0	1.0 cup, sliced	676
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	669
43144	Cabbage, mustard, salted	128.0	1.0 cup	657
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	656
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	656
11304	Peas, green, raw	145.0	1.0 cup	651
11591	Watercress, raw	34.0	1.0 cup, chopped	651
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	648
09446	Plantains, green, fried	118.0	1.0 cup	647
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	644
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	641
11549	Tomato products, canned, sauce	245.0	1.0 cup	635
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	635
11096	Broccoli raab, raw	40.0	1.0 cup chopped	629
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	625
11527	Tomatoes, green, raw	180.0	1.0 cup	623
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	617

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
09139	Guavas, common, raw	165.0	1.0 cup	617
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	610
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	610
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	604
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	604
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	603
02028	Spices, paprika	2.3	1.0 tsp	602
11011	Asparagus, raw	134.0	1.0 cup	602
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	598
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	596
11887	Tomato products, canned, paste, with salt added	66.0	0.25 cup	595
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	595
09224	Tangerine juice, frozen concentrate, sweetened, undiluted	214.0	1.0 can (6 fl oz)	593
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	581
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	569
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	567
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	564
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	563
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	563
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	561
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	556
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	549
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	544
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	544
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	526
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	525
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	525
42279	Babyfood, peas and brown rice	230.0	1.0 cup	522
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	521
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	520
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	515
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	505
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	503
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	503
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	499
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	492

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	492
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	486
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	481
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	481
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	481
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	477
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	473
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	472
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	470
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	470
09326	Watermelon, raw	154.0	1.0 cup, balls	467
11054	Beans, snap, green variety, canned, regular pack, solids and liquids	240.0	1.0 cup	463
06452	Soup, pepperpot, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	462
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	461
16059	Chili with beans, canned	256.0	1.0 cup	461
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	456
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	453
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	451
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	451
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	450
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	442
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	439
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	437
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	436
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	432
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	432
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	429
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	425
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	425
14649	Hibiscus tea	237.0	8.0 fl oz	422
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	422
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	420
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	419
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	417
11278	Okra, raw	100.0	1.0 cup	416
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	414

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
02009	Spices, chili powder	2.7	1.0 tsp	405
09143	Guava sauce, cooked	238.0	1.0 cup	405
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	401
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	400
09226	Papayas, raw	145.0	1.0 cup 1" pieces	397
11098	Brussels sprouts, raw	88.0	1.0 cup	396
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	393
11667	Seaweed, spirulina, dried	112.0	1.0 cup	383
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	380
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	380
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	379
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	377
06029	HEALTHY REQUEST, Chicken with Rice, condensed	126.0	0.5 cup	369
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	366
21318	McDONALD'S, Deluxe Warm Cinnamon Roll	162.0	5.7 oz	366
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	365
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	362
11964	Nopales, cooked, without salt	149.0	1.0 cup	361
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	356
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	353
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	352
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	352
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	348
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	345
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	341
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	336
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	335
22911	Chili, no beans, canned entree	240.0	1.0 cup	331
11090	Broccoli, raw	91.0	1.0 cup chopped	329
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	325
11213	Endive, raw	25.0	0.5 cup, chopped	325
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	325
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	324
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	323
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	323
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	320

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	320
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	319
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	319
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	316
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	314
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	314
09279	Plums, raw	165.0	1.0 cup, sliced	314
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	310
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	309
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	308
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	307
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	306
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	306
06019	Soup, chicken noodle, canned, condensed	126.0	0.5 cup	306
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	302
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	302
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	300
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	299
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	299
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	295
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	295
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	295
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	294
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	293
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	290
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	290
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	285
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	285
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	284
11955	Tomatoes, sun-dried	54.0	1.0 cup	283
36028	DENNY'S, coleslaw	91.0	1.0 serving	281
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	278
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	277
11143	Celery, raw	101.0	1.0 cup chopped	273
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	272
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	272

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	266
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	265
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	263
09428	Rowal, raw	114.0	0.5 cup	262
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	258
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	258
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	256
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	254
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	254
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	254
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	254
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	253
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	252
09236	Peaches, raw	154.0	1.0 cup slices	249
11973	Beans, fava, in pod, raw	126.0	1.0 cup	247
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	245
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	244
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	240
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	238
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	237
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	236
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	236
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	233
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	232
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	231
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	230
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	230
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	229
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	229
11976	Pepper, banana, raw	124.0	1.0 cup	228
09229	Papaya nectar, canned	250.0	1.0 cup	228
06412	Soup, chicken with dumplings, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	224
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	223
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	223
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	218
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	215

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11963	Nopales, raw	86.0	1.0 cup, sliced	215
09191	Nectarines, raw	143.0	1.0 cup slices	214
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	214
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	214
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	210
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	208
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	206
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	206
09451	Horned melon (Kiwano)	233.0	1.0 cup	205
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	202
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	200
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	198
21270	TACO BELL, Taco Salad	533.0	1.0 item	197
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	197
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	197
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	196
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	194
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	194
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	192
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	192
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	190
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	190
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	188
11056	Beans, snap, green, canned, regular pack, drained solids	153.0	1.0 cup solids	187
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	187
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	186
09043	Blackberry juice, canned	250.0	1.0 cup	185
09042	Blackberries, raw	144.0	1.0 cup	184
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	183
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	180
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	180
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	179
11943	Pimento, canned	12.0	1.0 tbsp	177
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	177
09214	Orange juice, frozen concentrate, unsweetened, undiluted	284.0	1.0 cup	176
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	175

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
16085	Peas, split, mature seeds, raw	197.0	1.0 cup	175
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	174
25027	Snacks, plantain chips, salted	28.35	1.0 oz	173
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	172
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	170
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	169
06036	Soup, gazpacho, canned, ready-to-serve	244.0	1.0 cup (8 fl oz)	168
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	168
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	168
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	168
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	168
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	168
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	167
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	167
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	165
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	163
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	162
20014	Corn, yellow	166.0	1.0 cup	161
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	161
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	160
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	160
20126	Spaghetti, spinach, dry	57.0	2.0 oz	158
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	157
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	156
11693	Tomatoes, crushed, canned	121.0	0.5 cup	156
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	155
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	153
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	152
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	152
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	152
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	152
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	152
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	150
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	150
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	149
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	148

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	148
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	147
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	146
06012	Soup, chicken with dumplings, canned, condensed	123.0	0.5 cup (4 fl oz)	146
11970	Cabbage, napa, cooked	109.0	1.0 cup	145
09038	Avocados, raw, California	230.0	1.0 cup, pureed	145
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	144
11292	Onions, young green, tops only	6.0	1.0 tbsp	144
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	144
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	144
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	143
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	143
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	142
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	142
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	141
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	141
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	139
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	139
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	139
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	138
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	138
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	136
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	136
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	136
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	135
16008	Beans, baked, canned, with franks	259.0	1.0 cup	135
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	134
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	131
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	129
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	129
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	128
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	128
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	127
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	127
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	126
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	126

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	126
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	126
11981	Peppers, hungarian, raw	27.0	1.0 pepper	126
11941	Pickles, cucumber, sour	155.0	1.0 cup	126
11601	Yam, raw	150.0	1.0 cup, cubes	124
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	123
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	123
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	123
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	122
06065	Soup, turkey noodle, canned, condensed	126.0	0.5 cup (4 fl oz)	122
20018	Corn flour, degermed, unenriched, yellow	126.0	1.0 cup	122
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	122
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	122
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	122
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	120
21213	SUBWAY, cold cut sub on white bread, with lettuce and tomato	196.0	6.0 inch sub	120
06500	Soup, vegetable beef, dry, mix, prepared with water	253.0	1.0 cup 8 fl oz	119
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	118
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	118
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	118
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	116
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	116
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	114
11975	Grape leaves, canned	4.0	1.0 leaf	114
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	113
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	113
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	113
01009	Cheese, cheddar	132.0	1.0 cup, diced	112
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	112
01253	Cheese, pasteurized process, American, without added vitamin D	140.0	1.0 cup, diced	112
11937	Pickles, cucumber, dill or kosher dill	143.0	1.0 cup, chopped or diced	112
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	111
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	111
20317	Corn flour, masa, enriched, yellow	114.0	1.0 cup	111
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	110
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	110

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	110
01011	Cheese, colby	132.0	1.0 cup, diced	108
06499	Soup, tomato vegetable, dry, mix, prepared with water	245.0	1.0 cup 8 fl oz	108
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	107
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	107
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	107
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	106
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	106
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	106
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	106
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	104
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	104
01025	Cheese, monterey	132.0	1.0 cup, diced	103
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	103
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	102
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	102
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	101
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	101
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	101
09144	Jackfruit, raw	165.0	1.0 cup, sliced	101
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	101
01005	Cheese, brick	132.0	1.0 cup, diced	100
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	99
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	99
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	98
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	98
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	98
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	97
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	97
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	96
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	96
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	96
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	96
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	96
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	95
06077	Soup, beef noodle, dry, mix	9.2	1.0 packet	94

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
09221	Tangerine juice, raw	247.0	1.0 cup	94
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	94
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	94
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	93
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	93
01040	Cheese, swiss	132.0	1.0 cup, diced	92
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	92
19114	Ice creams, chocolate, light	68.0	1.0 serving	92
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	92
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	92
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	92
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	91
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	91
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	91
43405	Cheese, swiss, low sodium	132.0	1.0 cup, diced	91
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	90
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	90
11656	Corn pudding, home prepared	250.0	1.0 cup	90
11414	Potato salad, home-prepared	250.0	1.0 cup	90
01035	Cheese, provolone	132.0	1.0 cup, diced	90
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	88
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	88
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	87
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	87
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	87
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	87
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	87
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	86
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	86
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	85
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	85
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	85
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	85
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	85
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	85
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	85

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	85
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	85
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	85
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	85
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	85
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	85
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	85
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	85
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	85
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	85
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	84
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	84
22971	Potato salad with egg	125.0	0.5 cup	84
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	83
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	82
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	82
09206	Orange juice, raw	248.0	1.0 cup	82
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	82
20112	Noodles, egg, spinach, cooked, enriched	160.0	1.0 cup	82
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	81
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	81
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	81
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	81
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	80
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	80
09445	Kiwifruit, gold, raw	186.0	1.0 cup, sliced	80
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	79
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	79
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	79
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	79
02044	Basil, fresh	2.5	5.0 leaves	79
11156	Chives, raw	3.0	1.0 tbsp chopped	78
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	78
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	78
11945	Pickle relish, sweet	15.0	1.0 tbsp	78
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	77

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	77
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	77
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	76
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	76
16104	Bacon, meatless	144.0	1.0 cup	76
21210	SUBWAY, roast beef sub on white bread, with lettuce and tomato	190.0	6.0 inch sub	76
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	76
11947	Pickles, cucumber, dill, low sodium	65.0	1.0 medium	75
09307	Rhubarb, raw	122.0	1.0 cup, diced	74
11349	Poi	240.0	1.0 cup	74
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	74
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	74
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	74
20106	Macaroni, vegetable, cooked, enriched	134.0	1.0 cup spiral shaped	74
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	74
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	73
01032	Cheese, parmesan, grated	100.0	1.0 cup	73
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	73
21139	Fast foods, potato, mashed	242.0	1.0 cup	73
09160	Lime juice, raw	242.0	1.0 cup	73
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	72
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	72
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	72
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	71
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	70
01090	Milk, dry, whole, with added vitamin D	128.0	1.0 cup	70
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	70
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	70
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	70
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	69
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	69
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	69
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	69
14436	Orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	69
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	69
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	69

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
21214	SUBWAY, tuna sub on white bread, with lettuce and tomato	237.0	6.0 inch sub	69
01042	Cheese, pasteurized process, American, fortified with vitamin D	140.0	1.0 cup, diced	69
09427	Abiyuch, raw	114.0	0.5 cup	68
43382	Cranberry juice, unsweetened	253.0	1.0 cup	68
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	68
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	68
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	68
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	68
06167	Sauce, homemade, white, thick	250.0	1.0 cup	68
01029	Cheese, mozzarella, part skim milk, low moisture	132.0	1.0 cup, diced	67
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	67
16144	Lentils, pink, raw	192.0	1.0 cup	67
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	67
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	67
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	67
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	66
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	66
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	65
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	65
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	65
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	65
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	64
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	64
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	64
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	64
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	64
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	64
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	64
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	63
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	63
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	62
09085	Currants, zante, dried	144.0	1.0 cup	62
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	62
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	62
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	62
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	61

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	61
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	61
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	60
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	60
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	60
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	60
11965	Cauliflower, green, raw	64.0	1.0 cup	60
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	60
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	60
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	59
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	59
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	59
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	59
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	59
09040	Bananas, raw	225.0	1.0 cup, mashed	58
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	58
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	58
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	58
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	58
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	57
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	57
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	57
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	57
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	57
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	56
43299	Soybean, curd cheese	225.0	1.0 cup	56
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	56
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	56
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	56
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	56
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	56
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	56
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	55
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	54
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	54
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	54

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	54
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	54
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	54
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	53
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	53
06166	Sauce, homemade, white, medium	250.0	1.0 cup	52
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, unthawed	52
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	52
43476	Tofu yogurt	262.0	1.0 cup	52
11935	Catsup	17.0	1.0 tbsp	52
11949	Catsup, low sodium	17.0	1.0 tbsp	52
11878	Taro, cooked, with salt	132.0	1.0 cup slices	51
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	51
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	51
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	51
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	51
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	51
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	51
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	51
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	51
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	51
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	50
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	50
01228	Cheese, fresh, queso fresco	122.0	1.0 cup crumbled	50
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	50
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	50
09217	Orange-grapefruit juice, canned, unsweetened	247.0	1.0 cup	49
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	49
19435	Snacks, granola bar, fruit-filled, nonfat	28.35	1.0 oz	49
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	49
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	49
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	49
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	48
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	48
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	48
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	48

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	48
09050	Blueberries, raw	148.0	1.0 cup	47
18237	Cream puffs, prepared from recipe, shell (includes eclair)	28.35	1.0 oz	46
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	46
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	46
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	46
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	46
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	46
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	46
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	46
43541	Ice creams, chocolate, rich	148.0	1.0 cup	46
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	45
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	45
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	45
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	44
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	44
16069	Lentils, raw	192.0	1.0 cup	44
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	44
18398	Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled	28.0	1.0 piece (1/8 of 9" crust)	44
01023	Cheese, gruyere	132.0	1.0 cup, diced	44
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	43
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	43
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	43
11987	Mushrooms, oyster, raw	148.0	1.0 large	43
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	43
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	43
36027	DENNY'S, chicken strips	194.0	1.0 serving	43
09435	Guava nectar, canned	251.0	1.0 cup	43
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	43
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	43
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	43
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	42
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	42
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	42
01020	Cheese, fontina	132.0	1.0 cup, diced	42
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	42

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	42
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	41
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	41
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	41
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	41
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	41
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	41
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	41
43146	Eggplant, pickled	136.0	1.0 cup	41
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	41
21310	MCDONALD'S, Barbeque Sauce	28.0	1.0 package	40
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	40
09078	Cranberries, raw	110.0	1.0 cup, chopped	40
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	30.0	1.0 piece (1/8 of 9" crust)	39
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	39
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	39
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	39
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	39
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	39
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	39
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	39
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	39
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	38
01034	Cheese, port de salut	132.0	1.0 cup, diced	38
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	38
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	38
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	38
21489	Salad, grape and apple with yogurt and candied walnuts	163.0	1.0 item	37
11109	Cabbage, raw	89.0	1.0 cup, chopped	37
09287	Prickly pears, raw	149.0	1.0 cup	37
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	37
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	37
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	37
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	37
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	37
11518	Taro, raw	104.0	1.0 cup, sliced	36

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	36
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	36
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	36
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	36
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	36
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	35
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	35
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	35
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	35
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	35
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	35
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	34
21409	Fast foods, bagel, with ham, egg, and cheese	191.0	1.0 item	34
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	34
19089	Ice creams, vanilla, rich	107.0	0.5 cup	34
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	34
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	34
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	34
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	34
19366	Toppings, pineapple	340.0	1.0 cup	34
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	34
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	34
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	34
09163	Blueberries, dried, sweetened	40.0	0.25 cup	34
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	33
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	33
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	33
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	28.35	1.0 oz	33
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	33
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	33
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	33
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	33
01072	Dessert topping, pressurized	70.0	1.0 cup	33
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	33
06165	Sauce, homemade, white, thin	250.0	1.0 cup	32
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	32

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	32
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	32
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	32
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	32
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	32
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	32
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	32
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	32
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	32
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	32
12142	Nuts, pecans	109.0	1.0 cup, chopped	32
03964	Baby food, fortified cereal bar, fruit filling	19.0	1.0 bar	32
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	31
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	31
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	31
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	31
43114	Vermicelli, made from soy	140.0	1.0 cup	31
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	31
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	31
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	31
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	31
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	31
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice 2/3 oz.	31
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	30
06493	Soup, mushroom, dry, mix, prepared with water	253.0	1.0 cup	30
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	30
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	30
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	30
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	30
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	30
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item 7.017 oz	30
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	30
11241	Kohlrabi, raw	135.0	1.0 cup	30
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	30
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	30
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	29

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	29
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	29
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	29
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	29
02023	Spices, marjoram, dried	0.6	1.0 tsp	29
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	29
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	29
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	28
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	28
11959	Arugula, raw	2.0	1.0 leaf	28
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	28
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	28
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	28
09084	Currants, red and white, raw	112.0	1.0 cup	28
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	28
08345	Cereals ready-to-eat, GENERAL MILLS, Multi-Bran CHEX	47.0	0.75 cup (1 NLEA serving)	28
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	28
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	28
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	27
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	27
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	27
11080	Beets, raw	136.0	1.0 cup	27
01229	Cheese, white, queso blanco	118.0	1.0 cup crumbled	27
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	27
14187	Clam and tomato juice, canned	30.2	1.0 fl oz	27
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	27
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	26
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	26
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	26
20005	Barley, pearled, raw	200.0	1.0 cup	26
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	26
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	26
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	26
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	26
01156	Cheese, goat, hard type	28.35	1.0 oz	26
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	26

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	26
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	25
18241	Croissants, cheese	28.35	1.0 oz	25
16117	Soy flour, defatted	105.0	1.0 cup	25
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	25
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	25
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	25
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	25
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	31.0	1.0 cup (1 NLEA serving)	25
01003	Butter oil, anhydrous	12.8	1.0 tbsp	25
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	25
14327	Orange and apricot juice drink, canned	31.2	1.0 fl oz	25
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	25
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	25
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	24
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	24
02038	Spices, sage, ground	0.7	1.0 tsp	24
20015	Corn bran, crude	76.0	1.0 cup	24
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	24
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	24
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	24
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	24
16417	Soy flour, defatted, crude protein basis (N x 6.25)	100.0	1.0 cup, stirred	24
20004	Barley, hulled	184.0	1.0 cup	24
06137	Sauce, mole poblano, dry mix, single brand	265.0	1.0 cup sauce	24
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	24
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	24
18238	Cream puffs, prepared from recipe, shell, with custard filling	28.35	1.0 oz	24
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	24
08506	Cereals ready-to-eat, Ralston Corn Flakes	28.0	1.0 serving (NLEA serving size = 1 cup)	24
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	24
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	24
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	24
02034	Spices, poultry seasoning	1.5	1.0 tsp	24
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	23
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	23

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
08022	Cereals ready-to-eat, corn flakes, low sodium	25.0	1.0 cup	23
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	23
19719	Jams and preserves, apricot	20.0	1.0 tbsp	23
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	23
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	23
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	23
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	23
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	23
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	23
16157	Chickpea flour (besan)	92.0	1.0 cup	23
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	23
12147	Nuts, pine nuts, dried	135.0	1.0 cup	23
02049	Thyme, fresh	0.8	1.0 tsp	23
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	23
06979	Adobo fresco	18.0	1.0 tbsp	23
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	23
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	23
06975	Sauce, barbecue, low sodium	17.0	1.0 tbsp	23
06150	Sauce, barbecue	17.0	1.0 tbsp	23
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	22
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	22
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	22
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	22
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	22
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	22
08505	Cereals ready-to-eat, Ralston Corn Biscuits	30.0	1.0 serving (NLEA serving size = 1 cup)	22
01157	Cheese, goat, semisoft type	28.35	1.0 oz	22
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	22
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	22
09322	Tamarinds, raw	120.0	1.0 cup, pulp	22
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	22
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	22
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	22
11954	Tomatillos, raw	34.0	1.0 medium	21
09421	Dates, medjool	24.0	1.0 date, pitted	21
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	21

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	21
16418	Soy flour, low-fat, crude protein basis (N x 6.25)	88.0	1.0 cup, stirred	21
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	21
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	21
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	21
01004	Cheese, blue	28.35	1.0 oz	21
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	21
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	21
08076	Cereals ready-to-eat, POST TOASTIES corn flakes	28.0	1.0 cup (1 NLEA serving)	21
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	21
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	20
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	20
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	20
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	20
09159	Limes, raw	67.0	1.0 fruit (2" dia)	20
01024	Cheese, limburger	134.0	1.0 cup	20
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	20
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	20
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	20
09210	Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D	249.0	1.0 cup	20
09211	Orange juice, chilled, includes from concentrate, fortified with calcium	249.0	1.0 cup	20
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	20
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	20
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	20
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	20
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	20
09252	Pears, raw	140.0	1.0 cup, slices	20
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	20
01038	Cheese, romano	28.35	1.0 oz	20
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	20
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	20
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	19
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	19
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	19
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	19
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	19

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	19
01069	Cream substitute, powdered	94.0	1.0 cup	19
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	19
01033	Cheese, parmesan, hard	28.35	1.0 oz	19
19524	Snacks, taro chips	28.35	1.0 oz	19
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	19
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	19
09004	Apples, raw, without skin	110.0	1.0 cup slices	19
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	19
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	19
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	18
08078	Cereals ready-to-eat, GENERAL MILLS, TRI-X	32.0	1.0 cup (1 NLEA serving)	18
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	18
18323	Pie, peach	28.35	1.0 oz	18
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	18
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	18
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	18
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	18
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	18
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	18
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	18
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	18
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	18
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	18
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	18
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	18
20131	Barley malt flour	162.0	1.0 cup	18
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	18
01057	Eggnog	254.0	1.0 cup	18
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	18
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	18
09413	Pears, raw, red anjou	126.0	1.0 small	18
20088	Wild rice, raw	160.0	1.0 cup	18
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	18
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	18
42270	Orange juice drink	249.0	1.0 cup	17

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	17
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	17
01030	Cheese, muenster	132.0	1.0 cup, diced	17
43589	Cheese, swiss, low fat	132.0	1.0 cup, diced	17
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	17
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	17
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	17
01089	Milk, low sodium, fluid	244.0	1.0 cup	17
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	17
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	17
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	17
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	17
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	17
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	17
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	17
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	17
11134	Cassava, raw	206.0	1.0 cup	16
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	16
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	16
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	16
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	16
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	16
01128	Egg, whole, cooked, fried	46.0	1.0 large	16
02014	Spices, cumin seed	2.1	1.0 tsp, whole	16
14558	Chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	16
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	16
14312	Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	16
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	16
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	16
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	16
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	16
42186	Frozen yogurts, chocolate	174.0	1.0 cup	16
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	16
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	16
11603	Yambean (jicama), raw	120.0	1.0 cup slices	16
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	16

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
36036	Restaurant, family style, onion rings	259.0	1.0 serving	16
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	15
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	15
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	15
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	15
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	15
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	15
01159	Cheese, goat, soft type	28.35	1.0 oz	15
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	15
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	15
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	15
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	15
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	15
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	15
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	15
01125	Egg, yolk, raw, fresh	17.0	1.0 large	15
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	15
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	15
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	15
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	15
09302	Raspberries, raw	123.0	1.0 cup	15
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	15
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	15
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	15
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	15
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	15
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	14
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	14
43404	Cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	14
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	14
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	14
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	14
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	14
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	14
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	14
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	14

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	14
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	14
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	14
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	14
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	14
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	14
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	14
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	14
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	14
20035	Quinoa, uncooked	170.0	1.0 cup	14
14245	Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	14
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	14
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	13
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	13
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	13
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	13
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	13
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	13
14318	Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	13
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	13
11697	Arrowroot, raw	120.0	1.0 cup, sliced	13
19367	Toppings, nuts in syrup	328.0	1.0 cup	13
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	13
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	13
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	13
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	13
01017	Cheese, cream	14.5	1.0 tbsp	13
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	13
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	13
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	13
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	13
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	13
09190	Mulberries, raw	140.0	1.0 cup	13
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	13
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	12
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	12

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	12
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	12
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	12
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	12
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	12
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	12
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	12
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	12
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	12
20062	Rye	169.0	1.0 cup	12
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	12
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	12
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	12
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	12
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	12
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	12
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	12
08507	Cereals ready-to-eat, Ralston Crispy Hexagons	29.0	1.0 serving (NLEA serving size = 1 cup)	12
11209	Eggplant, raw	82.0	1.0 cup, cubes	11
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	11
43350	Sauerkraut, canned, low sodium	142.0	1.0 cup	11
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	11
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	11
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	11
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	11
14182	Chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	11
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	11
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIx	21.0	0.75 cup	11
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	11
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	11
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	11
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	11
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	11
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	11
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	11
01094	Milk, buttermilk, dried	120.0	1.0 cup	11

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	11
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	11
18239	Croissants, butter	28.35	1.0 oz	11
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	11
09316	Strawberries, raw	152.0	1.0 cup, halves	11
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	11
35196	Lambquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	11
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	10
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	10
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	10
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	10
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	10
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	10
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	10
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	10
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	10
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	10
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	10
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	10
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	10
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	10
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	10
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	10
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	10
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	10
09128	Grapefruit juice, white, raw	247.0	1.0 cup	10
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	10
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	10
14634	Ready-to-drink reduced fat milk beverage, flavored and sweetened, with added calcium, vitamin A and vitamin D	244.0	1.0 cup	10
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	10
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	10
20142	Teff, uncooked	193.0	1.0 cup	10
18147	Cheesecake commercially prepared	28.35	1.0 oz	10
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	10
19400	Snacks, banana chips	28.35	1.0 oz	10
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	10

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	10
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	10
20071	Wheat, hard red spring	192.0	1.0 cup	10
20072	Wheat, hard red winter	192.0	1.0 cup	10
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	10
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	10
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	10
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	10
20074	Wheat, hard white	192.0	1.0 cup	10
14262	Citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	10
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	9
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	9
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	9
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	9
06099	Soup, tomato vegetable, dry, mix	1.2	1.0 tbsp	9
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	9
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	9
20063	Rye flour, dark	128.0	1.0 cup	9
18214	Crackers, cheese, regular	14.2	0.5 oz	9
18434	Crackers, cheese, low sodium	14.2	0.5 oz	9
09094	Figs, dried, uncooked	149.0	1.0 cup	9
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	9
11674	Potato, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	9
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	9
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	9
16112	Miso	17.0	1.0 tbsp	9
09087	Dates, deglet noor	147.0	1.0 cup, chopped	9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	9
20140	Spelt, uncooked	174.0	1.0 cup	9
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	9
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	9
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	9
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	9
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	8
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	8

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	8
42136	Cream substitute, powdered, light	94.0	1.0 cup	8
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	8
20075	Wheat, soft white	168.0	1.0 cup	8
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	8
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	8
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	1.0 serving (1 NLEA serving)	8
16055	Carob flour	103.0	1.0 cup	8
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	8
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	8
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	8
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	8
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain Cheerios	29.0	1.0 cup (1 NLEA serving)	8
08530	Cereals ready-to-eat, KELLOGG, SMORZ	30.0	1.0 cup (1 NLEA serving)	8
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	8
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	8
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	8
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	8
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	8
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	8
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	8
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	8
20006	Barley, pearled, cooked	157.0	1.0 cup	8
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	8
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	8
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	8
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	8
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	8
09095	Figs, dried, stewed	259.0	1.0 cup	8
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	8
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	8
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	8
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	8
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	8
01031	Cheese, neufchatel	28.35	1.0 oz	8
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	8

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	8
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	8
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	8
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250.0	1.0 cup	8
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	8
09409	Pineapple juice, canned, unsweetened, with added ascorbic acid	250.0	1.0 cup	8
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	7
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	7
09123	Grapefruit juice, white, canned, unsweetened	247.0	1.0 cup	7
19312	Pie fillings, apple, canned	74.0	0.125 can	7
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	7
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	7
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	7
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	7
06971	Sauce, worcestershire	17.0	1.0 tbsp	7
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	7
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	7
08305	Cereals ready-to-eat, oat, corn and wheat squares, presweetened, maple flavored	30.0	1.0 cup (1 NLEA serving)	7
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	7
19014	Snacks, fruit leather, rolls	21.0	1.0 large	7
02054	Capers, canned	8.6	1.0 tbsp, drained	7
02030	Spices, pepper, black	2.3	1.0 tsp, ground	7
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	7
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	7
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	7
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	7
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	7
20012	Bulgur, dry	140.0	1.0 cup	7
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	7
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	7
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	7
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	7
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	7
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	7
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	7

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	7
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 6 oz container (6 oz)	7
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	7
11215	Garlic, raw	136.0	1.0 cup	7
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	7
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 6 oz container (6 oz)	7
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	7
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	7
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	7
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	7
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	7
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	7
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	7
01049	Cream, fluid, half and half	30.2	1.0 fl oz	7
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	7
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	7
19912	Sweetener, syrup, agave	6.9	1.0 tsp	6
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	6
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	6
11952	Radicchio, raw	40.0	1.0 cup, shredded	6
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	6
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	6
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	6
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	6
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	6
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	6
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	6
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	6
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	6
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	6
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	6
01261	Yogurt, Greek, CHOBANI CHAMPIONS, VERY BERRY	102.0	1.0 container	6
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	6
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	6

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	6
20080	Wheat flour, whole-grain	120.0	1.0 cup	6
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	6
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	6
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	6
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	6
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	6
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	6
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	6
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	6
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	6
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	6
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	6
02029	Spices, parsley, dried	0.5	1.0 tsp	6
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	6
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	6
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	6
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	6
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	6
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	6
20137	Quinoa, cooked	185.0	1.0 cup	6
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	6
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	5
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	5
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	5
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	5
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	5
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	5
43276	Cheese spread, cream cheese base	28.35	1.0 oz	5
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	5
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	5
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	5
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	5
07954	Beef sausage, pre-cooked	48.0	1.0 serving	5
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	5
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	5

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	5
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	5
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	5
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	5
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	5
09294	Prune juice, canned	256.0	1.0 cup	5
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	5
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	5
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	5
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	5
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	5
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	5
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	5
06489	Soup, consomme with gelatin, dry, mix, prepared with water	249.0	1.0 cup 8 fl oz	5
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	5
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	5
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	5
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	5
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	5
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	3.5 oz 1 serving	5
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	5
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	5
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	5
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	5
06495	Soup, oxtail, dry, mix, prepared with water	244.0	1.0 cup	5
09153	Lemon juice, canned or bottled	244.0	1.0 cup	5
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	5
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	5
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	5
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	5
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	5
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	5
09334	Feijoa, raw	243.0	1.0 cup, pureed	5
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	5

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	5
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	5
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	5
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	5
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	5
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	5
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	5
11429	Radishes, raw	116.0	1.0 cup slices	5
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	5
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	5
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	5
16129	Tofu, fried	28.35	1.0 oz	5
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	5
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	4
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	4
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	4
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	4
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	4
01019	Cheese, feta	150.0	1.0 cup, crumbled	4
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	4
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	4
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	4
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	4
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	4
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	4
14267	Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	4
02005	Spices, caraway seed	2.1	1.0 tsp	4
18972	Bread, cheese	48.0	1.0 slice	4
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	4
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	4
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	4
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	4
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	4
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	4
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	4
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	4
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	4
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	4
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	4
14426	Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	4
07052	Pastrami, turkey	57.0	2.0 slices	4
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	4
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	4
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	4
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	4
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	4
19137	Toppings, strawberry	42.0	2.0 tbsp	4
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	4
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	4
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	4
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	4
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	4
03216	Babyfood, teething biscuits	28.35	1.0 oz	4
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	4
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	4
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	4
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	4
01267	Queso cotija	5.0	2.0 tsp	4
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	4
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	4
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	4
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	4
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	4
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	4
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	4
14545	Tea, herb, chamomile, brewed	29.6	1.0 fl oz	4
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	4
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	3.5 oz 1 serving	4
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	3
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	3

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
20077	Wheat bran, crude	58.0	1.0 cup	3
20032	Millet, cooked	174.0	1.0 cup	3
11830	Potatoes, baked, skin, with salt	58.0	1.0 skin	3
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	3
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	3
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	3
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	3
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	3
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	3
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	3
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	3
01007	Cheese, camembert	28.35	1.0 oz	3
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	3
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	3
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	3
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	3
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	3
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	3
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	3
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	3
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	3
36031	DENNY'S, onion rings	166.0	1.0 serving	3
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	3
07007	Bologna, beef	30.0	1.0 slice	3
19036	Snacks, popcorn, cakes	10.0	1.0 cake	3
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	3
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	3
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	3
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	3
20089	Wild rice, cooked	164.0	1.0 cup	3
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	3
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	3

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	3
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	3
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	3
09062	Cherimoya, raw	160.0	1.0 cup, pieces	3
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	3
01056	Cream, sour, cultured	12.0	1.0 tbsp	3
01018	Cheese, edam	28.35	1.0 oz	3
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	3
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	3
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	3
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	3
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	3
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	3
07960	Bologna, chicken, pork	28.0	1.0 serving	3
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	3
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	3
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	3
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	3
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	3
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	3
19303	Marmalade, orange	20.0	1.0 tbsp	3
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37.0	1.0 bar	3
02010	Spices, cinnamon, ground	2.6	1.0 tsp	3
01115	Whey, sweet, dried	145.0	1.0 cup	3
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	3
01022	Cheese, gouda	28.35	1.0 oz	3
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	3
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	3
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	3
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	3
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3
03172	Babyfood, juice, orange	31.2	1.0 fl oz	3
20108	Macaroni, whole-wheat, cooked	140.0	1.0 cup elbow shaped	3
20125	Spaghetti, whole-wheat, cooked	140.0	1.0 cup	3

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	3
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	3
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	3
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	3
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	3
01225	Dulce de Leche	19.0	1.0 tbsp	3
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	3
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	3
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	3
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	3
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	3
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	3
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	3
01006	Cheese, brie	28.35	1.0 oz	3
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	3
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	3
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	3
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	3
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	3
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3
01179	Sour cream, light	12.0	1.0 tablespoon	3
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	2
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	2
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	2
14263	Citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	2
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	2
01114	Whey, sweet, fluid	246.0	1.0 cup	2
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	2
09152	Lemon juice, raw	244.0	1.0 cup	2
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	2
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	2
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	2
06485	Soup, chicken rice, dry, mix, prepared with water	240.0	1.0 cup 8 fl oz	2

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	2
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	2
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	59.0	24.0 biscuits (Bite Size) (1 NLEA serving)	2
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	2
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	2
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	2
09129	Grapes, muscadine, raw	6.0	1.0 grape	2
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	2
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	2
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2
14311	Malted drink mix, natural, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	2
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	2
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	2
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	2
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	2
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	2
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	2
18245	Danish pastry, cheese	28.35	1.0 oz	2
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	2
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	2
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	2
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	2
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	2
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	2
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	2
09315	Soursop, raw	225.0	1.0 cup, pulp	2
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	2
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler	5.3	1.0 tbsp	2
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	2
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	2
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	2
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	1.0 cup (1 NLEA serving)	2
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	2
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	2

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	2
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	2
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	2
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	2
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	2
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	2
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	2
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	2
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2
11972	Lemon grass (citronella), raw	67.0	1.0 cup	2
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	2
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	2
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2
01186	Cheese, cream, fat free	18.0	1.0 tbsp	2
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	2
18968	Bagel, wheat	98.0	1.0 bagel	2
04639	Salad dressing, ranch dressing, commercial, regular	15.0	1.0 tablespoon	2
21024	Fast foods, french toast sticks	65.0	3.0 pieces	2
20001	Amaranth, uncooked	193.0	1.0 cup	2
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	2
18971	Bread, potato	32.0	1.0 slice	2
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	2
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	2
21509	BURGER KING, Onion Rings	91.0	1.0 small	2
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	2
20013	Bulgur, cooked	182.0	1.0 cup	2
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	2
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	2
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	2
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	2
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	2
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	2
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	2
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	2
19070	Candies, butterscotch	28.35	1.0 oz	2

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	2
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	2
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	2
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	2
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	2
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	2
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	2
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	2
43274	Cheese, cream, low fat	15.0	1.0 tbsp	2
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	2
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	2
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	2
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	2
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	2
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	2
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	2
11282	Onions, raw	160.0	1.0 cup, chopped	2
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	2
20410	Noodles, egg, cooked, unenriched, without added salt	160.0	1.0 cup	2
21268	TACO BELL, Nachos	80.0	1.0 serving	2
20110	Noodles, egg, cooked, enriched	160.0	1.0 cup	2
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	2
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	2
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	2
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	2
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	2
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	2
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	2
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	2
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	2
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	2
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	2

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18459	Breakfast tart, low fat	52.0	1.0 tart	2
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA	31.0	1.0 oz	2
19294	Fruit butters, apple	17.0	1.0 tbsp	2
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	2
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50.0	10.0 strips	2
03184	Babyfood, cereal, whole wheat, with apples, dry	15.0	0.5 oz	2
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	1
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	1
12061	Nuts, almonds	143.0	1.0 cup, whole	1
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	1
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	1
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	1
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	1
18319	Pie, fried pies, fruit	28.35	1.0 oz	1
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	1
19071	Candies, carob, unsweetened	28.35	1.0 oz	1
18354	Strudel, apple	28.35	1.0 oz	1
11435	Rutabagas, raw	140.0	1.0 cup, cubes	1
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	1
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	1
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	1
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	1
14341	Pineapple and orange juice drink, canned	31.3	1.0 fl oz	1
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	1
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	1
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	1
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	1
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	1
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	120.0	1.0 cup	1
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	1
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	120.0	1.0 cup	1
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	1
14346	Shake, fast food, chocolate	23.5	1.0 fl oz	1
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	1
20316	Corn flour, whole-grain, white	117.0	1.0 cup	1
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	1
08585	Cereals ready-to-eat, GENERAL MILLS, TOTAL, Cranberry Crunch	58.0	1.25 cup (1 NLEA serving)	1
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	1
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	1
18061	Bread, rye, toasted	28.35	1.0 oz	1
03215	Babyfood, pretzels	28.35	1.0 oz	1
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	1
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	1
03217	Zwieback	28.35	1.0 oz	1
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	1
18060	Bread, rye	28.35	1.0 oz	1
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	1
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron	16.0	1.0 tbsp	1
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	1
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	55.0	1.0 cup (1 NLEA serving)	1
01180	Sour cream, fat free	12.0	1.0 tablespoon	1
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	1
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	1
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	1
03210	Babyfood, cereal, rice, with mixed fruit, junior	15.0	1.0 tbsp	1
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1
14317	Malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	1
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	51.0	0.5 cup (1 NLEA serving)	1
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	1
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	1
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	1
02011	Spices, cloves, ground	2.1	1.0 tsp	1
14282	Grape juice drink, canned	31.3	1.0 fl oz	1
14427	Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	1
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	1
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	1
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	1
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	1
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	1
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	1
01199	Cream, half and half, fat free	29.0	2.0 tbsp	1
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1
18243	Croutons, seasoned	14.2	0.5 oz	1
18043	Bread, protein (includes gluten)	28.35	1.0 oz	1
18266	English muffins, whole-wheat	28.35	1.0 oz	1
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	1
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	1
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	1
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	1
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	1
19154	Candies, sesame crunch	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	1
18383	Bread, protein, toasted (includes gluten)	28.35	1.0 oz	1
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1
14309	Malted drink mix, natural, with added nutrients, powder	21.0	1.0 serving (4 tbsp or 1 envelope)	1
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	1
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	28.0	0.75 cup (1 NLEA serving)	1
19871	Frozen novelties, No Sugar Added, FUDGESICLE pops	84.0	1.0 serving	1
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	1
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	1
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	1
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	1
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	1
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	1
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	1
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	1
11352	Potato, flesh and skin, raw	75.0	0.5 cup, diced	1
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	1
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	1
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	1
44203	Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	1
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	1
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	1
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	1
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	1
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	1
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	1
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	1
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	1
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	1
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
19300	Jellies	21.0	1.0 serving 1 tbsp	1
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	1
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	1
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	1
02007	Spices, celery seed	2.0	1.0 tsp	1
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	1
02025	Spices, nutmeg, ground	2.2	1.0 tsp	1
14238	Cranberry-apple juice drink, bottled	30.6	1.0 fl oz	1
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	1
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	1
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	1
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	1
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	1
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	1
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	1
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	1
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	1
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	1
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	1
01113	Whey, acid, dried	57.0	1.0 cup	1
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	1
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	1
18068	Bread, wheat germ	28.35	1.0 oz	1
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	1
18021	Bread, boston brown, canned	28.35	1.0 oz	1
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	1
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	1
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	1
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	1
18385	Bread, wheat germ, toasted	28.35	1.0 oz	1
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	1
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	1
18264	English muffins, wheat	28.35	1.0 oz	1
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	1
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	1
18265	English muffins, wheat, toasted	28.35	1.0 oz	1
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	1
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	1
08214	Cereals ready-to-eat, QUAKER, QUAKER OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	1
18967	Bread, wheat, white wheat	28.0	1.0 slice	1
08215	Cereals ready-to-eat, QUAKER, QUAKER CINNAMON OATMEAL SQUARES	56.0	1.0 cup (1 NLEA serving)	1
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet	1
05292	Turkey patties, breaded, battered, fried	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	1
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	1
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	1
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	1
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	1
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	1.0 cup (1 NLEA serving)	1
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0
19419	Snacks, corn cakes	9.0	1.0 cake	0
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
18223	Crackers, milk	14.2	0.5 oz	0
09156	Lemon peel, raw	6.0	1.0 tbsp	0
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0
18360	Taco shells, baked	12.9	1.0 shell	0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0
14334	Pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
14323	Orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0
11984	Epazote, raw	0.8	1.0 tbsp	0
08520	Cereals ready-to-eat, KELLOGG, KELLOGG'S Cinnamon MINI SWIRLZ	30.0	1.0 cup (1 NLEA serving)	0
08595	Cereals ready-to-eat, GENERAL MILLS Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
11677	Shallots, raw	10.0	1.0 tbsp chopped	0
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0
18172	Cookies, gingersnaps	28.35	1.0 oz	0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0
18035	Bread, Multi-Grain (includes whole-grain)	28.35	1.0 oz	0
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0
18064	Bread, wheat	28.35	1.0 oz	0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0
18344	Rolls, dinner, egg	28.35	1.0 oz	0
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0
18170	Cookies, fig bars	28.35	1.0 oz	0
18252	Doughnuts, cake-type, wheat, sugared or glazed	28.35	1.0 oz	0
18286	Muffins, wheat bran, toaster-type with raisins	28.35	1.0 oz	0
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0
03213	Babyfood, cookies	28.35	1.0 oz	0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	28.35	1.0 oz	0
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0
28292	Crackers, multigrain	14.0	4.0 crackers	0
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0
14224	Coffee, instant, with sugar, mocha-flavor, powder	13.0	1.0 serving 2 tbsp	0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, powder, 3-2-1 Plan	26.0	1.0 scoop	0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0
03185	Babyfood, cereal, mixed, dry	2.5	1.0 tbsp	0
02015	Spices, curry powder	2.0	1.0 tsp	0
21129	Fast foods, hush puppies	22.0	1.0 piece	0
14422	Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0
14196	Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0
21059	Fast foods, shrimp, breaded and fried	17.0	1.0 piece shrimp	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
43401	Coffee, dry, powder, with whitener, reduced calorie	1.7	1.0 tsp dry	0
14236	Coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0
43343	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
14204	Coffee and cocoa (mocha) powder, with whitener and low calorie sweetener, decaffeinated	6.4	1.0 tsp dry	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
25059	Snacks, brown rice chips	9.0	1.0 cake	0
14631	Beverage, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
43345	Fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
14628	Energy drink, AMP, sugar free	240.0	1.0 serving 8 fl oz	0
07076	Smoked link sausage, pork and beef, flour and nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
01239	Ice cream cookie sandwich	82.0	1.0 serving	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	22.0	1.0 portion (2-3 heaping tsp)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05720	Turkey, back, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05724	Turkey, drumstick, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
14201	Coffee, brewed from grounds, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
05728	Turkey, thigh, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14644	Beverages, , PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
07208	OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)	56.0	1.0 serving	0
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14209	Coffee, brewed from grounds, prepared with tap water	29.6	1.0 fl oz	0
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14648	Fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0
07213	OSCAR MAYER, Ham (water added, baked cooked 96% fat free)	63.0	1.0 serving (3 slices)	0
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
14218	Coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
07240	OSCAR MAYER, Wieners (pork, turkey)	45.0	1.0 serving (1 link)	0
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0
14229	Coffee, instant, with sugar, french-flavor, powder	13.0	4.0 teaspoon (1 serving)	0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
07255	LOUIS RICH, Turkey Bologna	28.0	1.0 serving	0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
05745	Turkey, back, from whole bird, enhanced, meat and skin, roasted	85.0	3.0 oz	0
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0
07277	HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added	56.0	1.0 serving 2 oz	0
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat	27.0	1.0 cake 1 serving	0
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
42055	Fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0
14277	Grape drink, canned	31.3	1.0 fl oz	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0

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23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
02026	Spices, onion powder	2.4	1.0 tsp	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
14289	Lemonade, low calorie, with non-nutritive sweetener, powder	1.9	1.0 serving	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14296	Lemonade-flavor drink, powder	18.0	1.0 serving	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	2.0 oz 1 serving	0
14315	Malted drink mix, chocolate, with added nutrients, powder	78.0	1.0 cup	0
01144	Egg substitute, powder	9.9	0.35 oz	0
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0

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23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0
14353	Tea, instant, unsweetened, powder, decaffeinated	0.7	1.0 serving 2 tsp	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA (formerly ROSS)	9.6	1.0 scoop	0
14366	Tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259.0	1.0 cup (8 fl oz)	0
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
14390	Cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
14043	Beverages, NESTLE, CARNATION BREAKFAST ESSENTIALS , nutritional drink, ready-to-drink, Rich milk chocolate flavor, no sugar added	337.0	11.0 fl oz	0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14408	Orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
07025	Frankfurter, turkey	28.35	1.0 oz	0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23533	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23293	Beef, Australian, grass-fed, ground, 85% lean / 15% fat, raw	85.0	1.0 serving (3 oz)	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
06119	Gravy, chicken, canned, ready-to-serve	238.0	1.0 cup	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter 1	0
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23303	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0
14425	Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	1.0 oz	0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23308	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
07042	Luncheon meat, beef, loaved	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
14065	Beverages, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
05696	Turkey from whole, enhanced, light meat, meat only, raw	85.0	1.0 serving	0
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23312	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
14462	Beverages, QUAKER OATS, Propel Zero, fruit-flavored, non-carbonated	30.0	1.0 fluid ounce	0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving 5 fl oz	0
05700	Turkey, enhanced, dark meat from whole, meat and skin, raw	85.0	3.0 oz	0
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23316	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
36016	Restaurant, family style, shrimp, breaded and fried	135.0	1.0 serving	0
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
14121	Carbonated beverage, club soda	29.6	1.0 fl oz	0
05704	Turkey, whole, enhanced, meat only, raw	85.0	3.0 oz	0
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23320	Beef, Australian, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0
23572	Beef, ground, 80% lean meat / 20% fat, raw	85.0	1.0 serving (3 oz)	0
14144	Carbonated beverage, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
05708	Turkey, retail parts, enhanced, breast, meat only, raw	1171.0	1.0 breast	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
11141	Celeriac, raw	156.0	1.0 cup	0
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14557	Chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
06183	Soup, chicken broth, canned, less/reduced sodium	240.0	1.0 cup	0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
14148	Carbonated beverage, cola	30.7	1.0 fl oz	0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14605	Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
14155	Carbonated beverage, tonic water	30.5	1.0 fl oz	0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
18048	Bread, raisin, toasted, enriched	28.35	1.0 oz	0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17081	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
19355	Syrups, sorghum	330.0	1.0 cup	0
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
18087	Cake mix, angelfood, dry	38.0	1.0 serving	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1.0 oz	0
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0
18144	Cake, yellow, dry mix, regular, enriched	43.0	1.0 serving	0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted (formerly ROSS)	8.7	1.0 scoop	0
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	26.0	1.0 mini bagel (2-1/2" dia)	0
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
03189	Babyfood, cereal, oatmeal, dry	3.2	1.0 tbsp	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
18028	Bread, egg, toasted	28.35	1.0 oz	0
13350	Beef, cured, dried	28.0	10.0 slices	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
03194	Babyfood, cereal, rice, dry	2.5	1.0 tbsp	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
18039	Bread, oatmeal	28.35	1.0 oz	0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0
19297	Jams and preserves	20.0	1.0 tbsp	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
20045	Rice, white, long-grain, regular, cooked, enriched	158.0	1.0 cup	0
10131	Pork, cured, canadian-style bacon, grilled	139.0	1.0 package (6 oz) yields	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
90560	Mollusks, snail, raw	85.0	3.0 oz	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
15094	Fish, shad, american, raw	85.0	3.0 oz	0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
43369	Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
42237	Cereals ready-to-eat, WEETABIX WHOLE WHEAT CEREAL	57.0	1.0 cup	0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0
15110	Fish, swordfish, raw	136.0	1.0 piece (4-1/2" x 2-1/8" x 7/8")	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0
10945	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0
10949	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
15149	Crustaceans, shrimp, mixed species, raw	6.0	1.0 medium	0
10953	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0
19051	Snacks, rice cakes, brown rice, plain	9.0	1.0 cake	0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0
16145	Beans, red, kidney, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 lb	0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0

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13801	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0
19080	Candies, semisweet chocolate	14.5	1.0 serving	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
43026	Syrups, dietetic	240.0	1.0 cup	0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
43057	Candies, gum drops, dietetic or low calorie (sorbitol)	182.0	1.0 cup	0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43129	Fish sticks, meatless	28.0	1.0 stick	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
19107	Candies, hard	28.35	1.0 oz	0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	47.0	1.0 tortilla	0
21322	McDONALD'S, Warm Cinnamon Roll	105.0	3.7 oz	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
15033	Fish, haddock, raw	85.0	3.0 oz	0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
18384	Bread, rice bran, toasted	28.35	1.0 oz	0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
42130	Turkey bacon, cooked	82.0	1.0 cup pieces	0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh, thigh without skin	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
20321	Spaghetti, cooked, enriched, with added salt	140.0	1.0 cup	0
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh, with skin	0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
43282	Quail, cooked, total edible	28.35	1.0 oz	0
18456	Cookies, oatmeal, commercially prepared, fat-free	28.35	1.0 oz	0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0
20445	Rice, white, long-grain, regular, cooked, unenriched, without salt	158.0	1.0 cup	0
15066	Fish, pollock, Alaska, raw	77.0	1.0 fillet	0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
18235	Crackers, whole-wheat	28.0	1.0 serving	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0
08502	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM	55.0	1.0 cup	0
05626	Emu, full rump, raw	85.0	3.0 oz	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0
05630	Emu, outside drum, raw	85.0	3.0 oz	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber (formerly ROSS)	31.0	1.0 fl oz	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	46.0	2.0 biscuits (1 NLEA serving)	0
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder (formerly WYETH-AYERST)	8.7	1.0 scoop	0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
04588	Oil, oat	13.6	1.0 tbsp	0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA (formerly ROSS)	8.7	1.0 scoop	0
05680	Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised	95.0	1.0 drumstick without skin	0
08212	Cereals ready-to-eat, QUAKER, SUN COUNTRY Granola with Almonds	57.0	0.5 cup (1 NLEA serving)	0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0
05684	Chicken, skin (drumsticks and thighs), enhanced, cooked, braised	28.35	1.0 oz	0
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0
05688	Chicken, dark meat, drumstick, meat and skin, enhanced, raw,	143.0	1.0 drumstick with skin	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0
05692	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0
05216	Turkey, back, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
05228	Turkey, wing, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	135.0	1.0 cup, chopped or diced	0
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	102.0	1.0 back	0
04038	Oil, wheat germ	13.6	1.0 tablespoon	0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet	0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14629	Energy drink, ROCKSTAR	31.0	1.0 fl oz	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05721	Turkey, breast, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07082	Turkey roll, light and dark meat	28.35	1.0 oz	0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
14192	Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0
05725	Turkey, drumstick, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240.0	8.0 fl oz (approximate weight, 1 serving)	0
07202	OSCAR MAYER, Bologna (beef light)	28.0	1.0 serving (1 slice)	0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
14202	Coffee, brewed, espresso, restaurant-prepared, decaffeinated	30.0	1.0 fluid ounce	0
05729	Turkey, wing, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14645	Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14210	Coffee, brewed, espresso, restaurant-prepared	30.0	1.0 fluid ounce	0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0
07220	OSCAR MAYER, Liver Cheese, pork fat wrapped	38.0	1.0 slice	0
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
11413	Potato flour	160.0	1.0 cup	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
28285	Bread, chapati or roti, whole wheat, frozen	43.0	1.0 piece	0
14219	Coffee, instant, decaffeinated, powder, prepared with water	29.9	1.0 fl oz	0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0
01112	Whey, acid, fluid	246.0	1.0 cup	0
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
15014	Fish, cisco, smoked	28.35	1.0 oz	0
07256	LOUIS RICH, Turkey Breast and White Turkey (oven roasted)	28.0	1.0 serving	0
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0
08074	Cereals ready-to-eat, Ralston TASTEEOS	30.0	1.0 cup (1 NLEA serving)	0
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat	27.0	1.0 cake 1 serving	0
14264	Fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz 1 pouch, 200 ml	0
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	1.667 tbsp (1 NLEA serving)	0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
14290	Lemonade, low calorie, with non-nutritive sweetener, powder, prepared with water	29.8	1.0 fl oz	0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14297	Lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13987	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean only, trimmed 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
14355	Tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
14030	Beverages, energy drink, Original, grape, loaded cherry, charged citrus	480.0	16.0 fl oz	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0
14367	Tea, instant, unsweetened, powder, prepared	29.7	1.0 fl oz	0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0
14375	Tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
07017	Chicken roll, light meat	57.0	2.0 slices (1 serving)	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz (1 serving)	0
14039	Beverages, CYTOSPORT, Muscle Milk light, Ready-To-Drink	414.0	14.0 fl oz	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
07951	Scrapple, pork	17.0	1.0 cubic inch	0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
14400	Carbonated beverage, cola, contains caffeine, fast-food cola	30.7	1.0 fl oz	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14411	Water, tap, drinking	29.6	1.0 fl oz	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23294	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	150.0	1.0 steak	0
07030	Ham, minced	28.35	1.0 oz	0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter 1	0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23304	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	0
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0
07037	Kielbasa, kolbassy, pork, beef, nonfat dry milk added	75.0	1.0 link	0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	85.0	1.0 serving (3 oz)	0
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23309	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	85.0	3.0 oz	0
07043	Luncheon meat, beef, thin sliced	9.3	1.0 slice oval	0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
05697	Turkey from whole, enhanced, light meat, meat only, cooked, roasted	85.0	1.0 serving	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23313	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0
05701	Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23317	Beef, Australian, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14543	Lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
05705	Turkey, whole, enhanced, meat only, roasted	28.0	3.0 oz	0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23321	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
05709	Turkey, retail parts, enhanced, breast, meat only, cooked, roasted	85.0	3.0 oz	0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23577	Beef, ground, 75% lean meat / 25% fat, raw	85.0	1.0 serving (3 oz)	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
14149	Carbonated beverage, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14625	Energy drink, AMP	240.0	1.0 serving	0
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
14156	Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
20055	Rice, white, glutinous, cooked	174.0	1.0 cup	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
17083	Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
19340	Sugars, maple	3.0	1.0 tsp	0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	28.0	1.0 slice	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
19350	Syrups, corn, light	341.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
19117	Candies, halavah, plain	28.35	1.0 oz	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0
18097	Cake, chocolate, dry mix, pudding-type	28.35	1.0 oz	0
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
18117	Cake, marble, dry mix, pudding-type	28.35	1.0 oz	0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
10000	Pork, fresh, enhanced, composite of separable fat, cooked	85.0	3.0 oz	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
19411	Snacks, potato chips, plain, salted	28.35	1.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
18169	Cookies, coconut macaroons, prepared from recipe	28.35	1.0 oz	0
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, raw	85.0	1.0 serving (3 oz)	0
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
18177	Cookies, molasses	28.35	1.0 oz	0
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed (formerly ROSS)	30.5	1.0 fl oz	0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
17346	Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised	85.0	1.0 serving (3 oz)	0
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
18197	Cookies, brownies, dry mix, special dietary, prepared	28.35	1.0 oz	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
18002	Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	24.0	1.0 mini bagel (2-1/2" dia)	0
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed (formerly ROSS)	31.0	1.0 fl oz	0
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
18036	Bread, Multi-Grain, toasted (includes whole-grain)	28.35	1.0 oz	0
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
20030	Hominy, canned, white	165.0	1.0 cup	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0
18044	Bread, pumpernickel	28.35	1.0 oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
93600	Turtle, green, raw	85.0	3.0 oz	0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0
15105	Fish, sturgeon, mixed species, cooked, dry heat	136.0	1.0 cup, cooked	0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
16107	Sausage, meatless	25.0	1.0 link	0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	1.0 serving	0
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
15111	Fish, swordfish, cooked, dry heat	106.0	1.0 piece	0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0
10942	Pork, fresh, enhanced, composite of separable fat, raw	28.35	1.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0
16122	Soy protein isolate	28.35	1.0 oz	0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
18283	Muffins, oat bran	28.35	1.0 oz	0
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
10946	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0
10950	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	134.0	1.0 chop	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15151	Crustaceans, shrimp, mixed species, cooked, moist heat	85.0	3.0 oz	0
10954	Pork, fresh, enhanced, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
21238	McDONALD'S, French Fries	71.0	1.0 small serving	0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0
13802	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, prime, cooked	85.0	3.0 oz	0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant	15.0	1.0 serving	0
19081	Candies, sweet chocolate	28.35	1.0 oz	0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
43028	Jams and preserves, dietetic (with sodium saccharin), any flavor	224.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0
15212	Fish, salmon, pink, cooked, dry heat	124.0	0.5 fillet	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
10858	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean only, cooked, pan-broiled	150.0	1.0 chop boneless	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0
21311	MCDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
20099	Macaroni, dry, enriched	105.0	1.0 cup elbow shaped	0
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
21316	MCDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
19108	Candies, jellybeans	11.0	10.0 small	0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
21387	BURGER KING, Hash Brown Rounds	77.0	1.0 serving small	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
42100	Cereals ready-to-eat, Marshmallow ALPHA-BITS	29.0	1.0 cup (1 NLEA serving)	0
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0
21401	Fast foods, chicken tenders	62.0	4.0 pieces	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0
20132	Oat flour, partially debranned	104.0	1.0 cup	0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	65.0	1.0 wing, wing with skin	0
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	63.0	1.0 wing, with skin	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0
15067	Fish, pollock, Alaska, cooked, dry heat	60.0	1.0 fillet	0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
42182	Bean beverage	230.0	1.0 cup	0
18236	Cracker meal	28.35	1.0 oz	0
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0
08503	Cereals ready-to-eat, NATURE'S PATH, OPTIMUM SLIM	55.0	1.0 cup	0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0
03938	Infant formula, PBM PRODUCTS, store brand, powder (formerly WYETH-AYERST)	8.4	1.0 scoop	0
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0
04574	Fat, duck	12.8	1.0 tbsp	0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0
05681	Chicken, dark meat, thigh, meat only, enhanced, cooked, braised	85.0	3.0 oz	0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0
05685	Chicken, skin (drumsticks and thighs), enhanced, raw	28.35	1.0 oz	0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0
05689	Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted	129.0	1.0 drumstick with skin	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
05219	Turkey, breast, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA (formerly ROSS)	153.0	5.0 fl oz	0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
05305	Poultry food products, ground turkey, raw	453.6	1.0 lb	0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA (formerly ROSS)	9.5	1.0 scoop	0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0
09059	Breadfruit, raw	220.0	1.0 cup	0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet	0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
04055	Oil, palm	13.6	1.0 tbsp	0
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet	0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0
05718	Turkey, breast, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14630	Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz (1 serving)	0
07079	Turkey breast, sliced, oven roasted, luncheon meat	33.0	1.0 serving	0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
14181	Chocolate syrup	39.0	1.0 serving 2 tbsp	0
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
14194	Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
05726	Turkey, thigh, from whole bird, enhanced, meat only, raw	85.0	3.0 serving	0
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

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23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14640	Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
07205	OSCAR MAYER, Bologna Light (pork, chicken, beef)	28.0	1.0 serving (1 slice)	0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14203	Coffee, instant, regular, powder, half the caffeine	1.0	1.0 tsp	0
05730	Turkey, wing, from whole bird, enhanced, meat only, roasted	85.0	3.0 oz	0
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
14646	Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
07211	OSCAR MAYER, Ham and Cheese Loaf	28.0	1.0 serving	0
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0
14214	Coffee, instant, regular, powder	1.0	1.0 tsp	0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
14651	Fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
28286	Bread, paratha (Indian bread), whole wheat, frozen	79.0	1.0 piece	0
14223	Coffee, instant, with chicory, prepared with water	29.9	1.0 fl oz	0
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0
07242	OSCAR MAYER, Wieners (beef franks, bun length)	57.0	1.0 serving (1 link)	0
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0
14237	Coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0
07268	LOUIS RICH, Turkey Smoked Sausage	56.0	1.0 serving	0
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised	85.0	3.0 oz	0
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15019	Fish, cod, Pacific, raw	116.0	1.0 fillet	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
07279	HORMEL WRANGLER Beef Franks	56.0	1.0 frankfurter	0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
28298	Cookies, brownies, commercially prepared, reduced fat	36.0	1.0 brownie 1 serving	0
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14287	Lemonade, powder	18.0	1.0 serving	0
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07911	Liverwurst spread	55.0	0.25 cup	0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
23396	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14026	Beverages, Energy Drink, sugar-free with guarana	480.0	16.0 fl oz	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0
14356	Tea, instant, sweetened with non-nutritive sweetener, lemon-flavored, powder, decaffeinated	1.6	2.0 tsp	0
07008	Bologna, beef and pork	100.0	3.527 oz	0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14031	Beverages, PEPSICO, SoBe Lifewater	240.0	8.0 fl oz	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
06963	Fish broth	244.0	1.0 cup	0
07939	Frankfurter, pork	76.0	1.0 link	0
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0
14368	Tea, instant, unsweetened, lemon-flavored, powder	1.4	1.0 tsp, rounded	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0
14376	Tea, instant, sweetened with sweetened with non-nutritive sweetener, lemon-flavored, prepared	29.8	1.0 fl oz	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0
14406	Fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
07023	Frankfurter, beef and pork	45.0	1.0 frankfurter	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz (1 serving)	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23295	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
14423	Dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0
07031	Ham salad spread	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter 1	0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23305	Beef, Australian, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
05694	Turkey, dark meat from whole, enhanced, meat only, raw	85.0	1.0 serving	0
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23310	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23562	Beef, ground, 90% lean meat / 10% fat, raw	85.0	1.0 serving (3 oz)	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
05698	Turkey, enhanced, skin from whole (light and dark), raw	28.35	1.0 oz	0
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23314	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	85.0	3.0 oz	0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
05702	Turkey from whole, enhanced, light meat, meat and skin, raw	85.0	3.0 oz	0
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23318	Beef, Australian, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0
07057	Pepperoni, pork, beef	2.0	1.0 slice round	0
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0
14136	Carbonated beverage, ginger ale	30.5	1.0 fl oz	0
05706	Turkey, whole, enhanced, meat and skin, raw	85.0	3.0 oz	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23322	Beef, Australian, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	0
14553	Wine, non-alcoholic	29.0	1.0 fl oz	0
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
14146	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
14151	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0
08025	Cereals ready-to-eat, Ralston Crispy Rice	33.0	1.0 serving (NLEA serving size = 1.25 cup)	0
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14626	Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14157	Carbonated beverage, root beer	30.8	1.0 fl oz	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
20060	Rice bran, crude	118.0	1.0 cup	0
12071	Nuts, almond paste	28.35	1.0 oz	0
18059	Bread, rice bran	28.35	1.0 oz	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
20064	Rye flour, medium	102.0	1.0 cup	0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
18065	Bread, wheat, toasted	28.35	1.0 oz	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0
09164	Litchis, raw	190.0	1.0 cup	0
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
18099	Cake, chocolate, dry mix, regular	28.35	1.0 oz	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
18135	Cake, white, dry mix, pudding-type, enriched	28.35	1.0 oz	0
19147	Candies, peanut bar	28.35	1.0 oz	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0
18150	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0
18157	Cookies, chocolate wafers	28.35	1.0 oz	0
19163	Chewing gum	3.0	1.0 stick	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0
17347	Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled	85.0	1.0 serving (3 oz)	0
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted (formerly ROSS)	8.5	1.0 scoop	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
03181	Babyfood, cereal, barley, dry	2.4	1.0 tbsp	0
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	28.35	1.0 oz	0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
02050	Vanilla extract	4.2	1.0 tsp	0
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
16423	Soy protein isolate, potassium type, crude protein basis	28.35	1.0 oz	0
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0
18037	Bread, oat bran	28.35	1.0 oz	0
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
20037	Rice, brown, long-grain, cooked	195.0	1.0 cup	0
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0
21026	Fast foods, potatoes, hashed brown	72.0	0.5 cup	0
15090	Fish, scup, raw	85.0	3.0 oz	0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	146.0	1.0 serving	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
42241	Turkey, pork, and beef sausage, reduced fat, smoked	147.0	1.0 cup pieces	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
19003	Snacks, corn-based, extruded, chips, plain	28.35	1.0 oz	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	1.0 serving	0
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16113	Natto	175.0	1.0 cup	0
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0
10943	Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
42284	Babyfood, baked product, finger snacks cereal	1.7	1.0 cookie	0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0
10947	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, cooked, broiled	134.0	1.0 chop	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0
10951	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0
43483	Millet, puffed	21.0	1.0 cup	0
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz (1 serving)	0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0
10859	Pork, fresh, loin, top loin (chops), boneless, enhanced, separable lean and fat, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0
16337	Beans, mature, red kidney, canned, solids and liquid, low sodium	256.0	1.0 cup	0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
18349	Rolls, french	28.35	1.0 oz	0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item 4.744 oz	0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
20100	Macaroni, cooked, enriched	140.0	1.0 cup elbow shaped	0
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
20120	Spaghetti, dry, enriched	57.0	2.0 oz	0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
20133	Rice noodles, dry	57.0	2.0 oz	0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	136.0	1.0 breast, without skin	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	199.0	1.0 breast, with skin	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0
15062	Fish, pike, northern, raw	85.0	3.0 oz	0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles round	0
10129	Pork, cured, breakfast strips, cooked	85.0	3.0 oz	0
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz (1 serving)	0
83110	Fish, mackerel, salted	136.0	1.0 cup, cooked	0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05628	Emu, inside drum, raw	85.0	3.0 oz	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	85.0	3.0 oz	0
08510	Milk and cereal bar	25.0	1.0 bar	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0
04528	Oil, walnut	13.6	1.0 tbsp	0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0
05662	Ground Turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
04575	Fat, turkey	12.8	1.0 tbsp	0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted (formerly ROSS)	31.4	1.0 fl oz	0
08654	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, Just Bunches, honey roasted	57.0	0.67 cup (1 NLEA serving)	0
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
05678	Chicken, dark meat, drumstick, meat only, enhanced, raw	143.0	1.0 drumstick with skin	0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0
05682	Chicken, dark meat, thigh, meat only, enhanced, raw	85.0	3.0 oz	0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0
05686	Chicken, skin (drumsticks and thighs), enhanced, cooked, roasted	28.35	1.0 oz	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0
05690	Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised	85.0	3.0 oz	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0
05220	Turkey, breast, from whole bird, non-enhanced, meat only, roasted	85.0	3.0 oz	0
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
05306	Poultry food products, ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0
03996	Babyfood, Multigrain whole grain cereal, dry	16.0	3.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, raw	85.0	3.0 oz	0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0
08418	Cereals, QUAKER, Instant Oatmeal EXPRESS, Baked Apple, dry	54.0	1.0 container	0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
08458	Cereals ready-to-eat, KELLOGG'S, FRUIT HARVEST Strawberry/Blueberry	29.0	0.75 cup (1 NLEA serving)	0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
08491	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut TOASTY O'S Cereal	30.0	1.0 cup	0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14166	Carbonated beverage, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
05719	Turkey, back, from whole bird, enhanced, meat only, raw	85.0	3.0 oz	0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07080	Turkey ham, cured turkey thigh meat	28.0	0.99 oz 1 serving	0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
05727	Turkey, retail parts, enhanced, breast, meat and skin, raw	85.0	3.0 oz	0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14641	Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
07207	OSCAR MAYER, Braunschweiler Liver Sausage (sliced)	28.0	1.0 serving (1 slice)	0
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
14647	Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
14215	Coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0
14652	Fruit-flavored drink, dry powder, low calorie, with high vitamin C	2.5	1.0 serving	0
07233	OSCAR MAYER, Smokies (beef)	43.0	1.0 serving (1 link)	0
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
28287	Bread, naan (Indian bread), whole wheat, refrigerated	106.0	1.0 piece	0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
15008	Fish, carp, raw	85.0	3.0 oz	0
06455	Soup, scotch broth, canned, prepared with equal volume water	241.0	1.0 cup	0
07254	LOUIS RICH, Turkey Bacon	14.0	1.0 serving	0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0
05744	Turkey, back, from whole bird, enhanced, meat and skin, raw	85.0	3.0 oz	0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0
07276	HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned	56.0	1.0 serving 2 oz	0
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled	85.0	3.0 oz	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
11216	Ginger root, raw	2.0	1.0 tsp	0
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0
14269	Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
01123	Egg, whole, raw, fresh	50.0	1.0 large	0
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
01131	Egg, whole, cooked, poached	50.0	1.0 large	0
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14021	Beverages, PEPSICOLA, SOBE Energize Energy Juice Drinks	240.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0
14352	Tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
07005	Blood sausage	100.0	4.0 slices	0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14028	Whiskey sour mix, bottled	32.3	1.0 fl oz	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0
14357	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, decaffeinated	23.0	1.0 serving (3 heaping tsp)	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0
14370	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder	23.0	1.0 serving (3 heaping tsp)	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
01173	Egg, white, dried	28.0	1.0 oz	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
14381	Tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
07019	Chorizo, pork and beef	28.35	1.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1 serving)	0
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS Marathon Energy Bar, all flavors	55.0	1.0 bar	0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14407	Orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
07024	Frankfurter, chicken	45.0	1.0 link	0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz (1 serving)	0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23302	Beef, Australian, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	150.0	1.0 steak	0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0
14424	Orange-flavor drink, breakfast type, with pulp, frozen concentrate	35.3	1.0 fl oz	0
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23307	Beef, Australian, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	85.0	3.0 oz	0
14429	Water, tap, municipal	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
25037	Snacks, pita chips, salted	28.35	1.0 oz	0
05695	Turkey, enhanced, dark meat, meat only, cooked, roasted	85.0	1.0 serving	0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23311	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	85.0	3.0 oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	1.0 serving (3 oz)	0
14068	Beverages, KELLOGG'S SPECIAL K20, protein water mix	14.5	1.0 packet	0
05699	Turkey, enhanced, skin from whole, (light and dark), roasted	85.0	1.0 serving	0
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23315	Beef, Australian, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
14541	Fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	1.0 serving (3 oz)	0
05703	Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23319	Beef, Australian, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	85.0	3.0 oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	1.0 serving (3 oz)	0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
05707	Turkey, whole, enhanced, meat and skin, roasted	85.0	3.0 oz	0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
23323	Beef, Australian, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	85.0	3.0 oz	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0
14147	Carbonated beverage, cola, without caffeine	30.7	1.0 fl oz	0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
07070	Salami, cooked, turkey	28.0	1.0 serving	0
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	1.0 serving (3 oz)	0
14154	Energy drink, RED BULL, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	258.0	1.0 can 8.4 fl oz	0
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14627	Energy Drink, Monster	240.0	1.0 serving	0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
01238	Ice cream sandwich	70.0	1.0 serving	0
18047	Bread, raisin, enriched	28.35	1.0 oz	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
20061	Rice flour, white	158.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
20065	Rye flour, light	102.0	1.0 cup	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
18066	Bread, wheat bran	28.35	1.0 oz	0
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0
09165	Litchis, dried	2.5	1.0 fruit	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
19353	Syrups, maple	20.0	1.0 tbsp	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
17104	Veal, loin, separable lean and fat, raw	28.35	1.0 oz	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0
18112	Cake mix, pudding, dry, german chocolate	43.0	1.0 serving	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0
18137	Cake mix, dry, white, regular	46.0	1.0 serving	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0
18142	Cake, yellow, dry mix, pudding-type	28.35	1.0 oz	0
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
03817	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, powder, with ARA and DHA	8.5	1.0 scoop	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
18171	Cookies, fortune	28.35	1.0 oz	0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA (formerly ROSS)	30.8	1.0 fl oz	0
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed (formerly ROSS)	30.4	1.0 fl oz	0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted (formerly ROSS)	8.7	1.0 scoop	0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0
09295	Pummelo, raw	190.0	1.0 cup, sections	0
02047	Salt, table	6.0	1.0 tsp	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
18027	Bread, egg	28.35	1.0 oz	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0

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18033	Bread, italian	28.35	1.0 oz	0
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
20027	Cornstarch	128.0	1.0 cup	0
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
18038	Bread, oat bran, toasted	28.35	1.0 oz	0
13360	Beef, cured, thin-sliced beef	28.35	1.0 oz	0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
20033	Oat bran, raw	94.0	1.0 cup	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0
19296	Honey	339.0	1.0 cup	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
19304	Molasses	337.0	1.0 cup	0
13480	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz (1 serving)	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
16087	Peanuts, all types, raw	146.0	1.0 cup	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup	0
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	1.0 serving (3 oz)	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
15109	Fish, surimi	28.35	1.0 oz	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
13498	Beef, ground, 70% lean meat / 30% fat, raw	28.0	1.0 ounce	0
42262	Sausage, chicken and beef, smoked	138.0	1.0 cup pieces	0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
43406	Yeast extract spread	6.0	1.0 tsp	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10948	Pork, fresh, enhanced, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0
10952	Pork, fresh, enhanced, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz (1 serving)	0
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
15192	Fish, cod, Pacific, cooked, dry heat	90.0	1.0 fillet	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
18338	Phyllo dough	28.35	1.0 oz	0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
43584	Cereals ready-to-eat, amaranth flakes	38.0	1.0 cup	0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
43109	Pretzels, soft	143.0	1.0 large	0
18350	Rolls, hamburger or hotdog, plain	42.0	1.0 roll	0
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
43128	Chicken, meatless	168.0	1.0 cup	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
43132	Meatballs, meatless	144.0	1.0 cup	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
20121	Spaghetti, cooked, enriched, without added salt	140.0	1.0 cup	0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
13434	Beef, round, top round, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
20130	Barley flour or meal	148.0	1.0 cup	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
18203	Cookies, sugar, commercially prepared, special dietary	28.35	1.0 oz	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
18217	Crackers, matzo, plain	14.2	0.5 oz	0
20400	Macaroni, cooked, unenriched	140.0	1.0 cup elbow shaped	0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
18232	Crackers, wheat, regular	31.0	1.0 serving	0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
42184	Cereals ready-to-eat, MUESLI, dried fruit and nuts	85.0	1.0 cup	0
15077	Fish, salmon, chinook, smoked	136.0	1.0 cup, cooked	0
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
42188	Frankfurter, beef and pork, low fat	57.0	1.0 frankfurter	0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	149.0	1.0 thigh without skin (yield from 1 lb ready-to-cook chicken)	0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
04529	Oil, almond	13.6	1.0 tablespoon	0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0
04534	Oil, babassu	13.6	1.0 tbsp	0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04542	Fat, chicken	12.8	1.0 tbsp	0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed (formerly WYETH-AYERST)	30.4	1.0 fl oz	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted (formerly WYETH-AYERST)	31.4	1.0 fl oz	0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0
04582	Oil, canola	14.0	1.0 tbsp	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA (formerly ROSS)	30.5	1.0 fl oz	0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate (formerly ROSS)	31.4	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0
05679	Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted	91.0	1.0 drumstick without skin	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0
05683	Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted	130.0	1.0 thigh with skin	0
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup	0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0
05687	Chicken, dark meat, drumstick, meat and skin, enhanced, braised	106.0	1.0 drumstick with skin	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0
05691	Chicken, dark meat, thigh, meat and skin, enhanced, raw	85.0	3.0 oz	0
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0
05215	Turkey, back, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
05227	Turkey, wing, from whole bird, non-enhanced, meat only, raw	85.0	3.0 oz	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA (formerly ROSS)	30.4	1.0 fl oz	0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0
05311	Chicken, canned, no broth	28.0	1.0 oz	0
04002	Lard	12.8	1.0 tbsp	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0

NDB_No	Description	Weight(g)	Measure	Carotene, beta(µg) Per Measure
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0
05335	Chicken, feet, boiled	28.35	1.0 oz	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0
04047	Oil, coconut	13.6	1.0 tbsp	0
09079	Cranberries, dried, sweetened	40.0	0.33 cup	0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0
05621	Emu, ground, raw	117.0	1.0 patty	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0